

For Immediate Release:

Trampoline Safety this Summer



The popularity of trampolines has seen them literally spring up in backyards across the country, offering hours of fun and a good form of exercise to Kiwi kids. Injuries however are common and Safekids advises parents to take extra care when letting their children play on trampolines.

In the 3 year period May 2006 to April 2009, 161 children were admitted to Starship Children's Health following a trampoline related injury. Admissions revealed that almost half of the injuries were to children 5-9 years old, and injury patterns were consistently high during the summer months and school holidays.

Common injuries range from minor bumps, bruises, sprains and cuts to serious injuries such as broken bones and concussions. Common causes of injury include falling off and landing on a hard surface or object, landing awkwardly while jumping, and collisions with another person while jumping on a trampoline.

“Play sometimes leads to the odd bumps and bruises. While this is a part of growing up, parents should take every precaution to avoid injuries that lead to long term complications or permanent disabilities,” said Ann Weaver Director of Safekids New Zealand. “By taking simple and sensible steps, trampolining can be enjoyed as a safe and healthy activity by the whole family.”

Safety Tips:

- ✓ When buying a trampoline, make sure that it complies with NZ or Australia Safety Standards (NZS 5855:1997, NZS 5855:1997AA, AS 4989-2006).
- ✓ Place the trampoline away from structures and objects (i.e. trees, fences). Have a *safe fall zone* of at least 2.5 metres with a soft, energy absorbing ground (i.e. woodchips, sand or soft lawn). Consider a trampoline with a sturdy net enclosure.
- ✓ No somersaults or flips. Children and adults should NOT attempt tricky manoeuvres unless they have received professional training or have professional supervision.
- ✓ Keep it age appropriate and use correctly. Check if the trampoline is suited to the age of your child, and read the user manual for correct and safe use.
- ✓ Take turns. Never allow more than one child on the trampoline at the same time.

Next page



Caption: All Black's Asst. Coach Steve Hansen with his kids enjoying safe jumping in their trampoline.)

For more information on keeping kids safe at home, at play and on the road, visit www.safekids.org.nz.

###

About Safekids New Zealand

Safekids New Zealand is the injury prevention service of Starship Children's Health and a member of SAFE KIDS Worldwide. Our mission is to reduce the incidence and severity of unintentional injuries to New Zealand's children aged 0 - 14 years. For more information, contact Anthony Rola at anthonyr@adhb.govt.nz, visit www.safekids.org.nz or call 09 631 0717.